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Paperback – April 10, 2012

by Rosemary Gladstar (Author)

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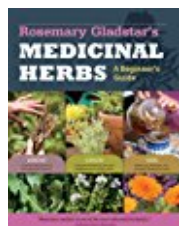
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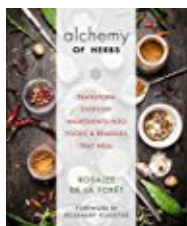
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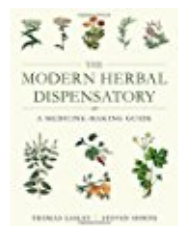
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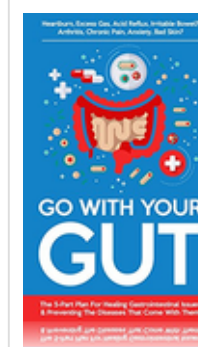
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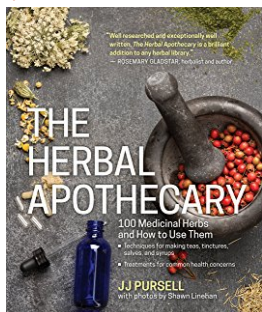
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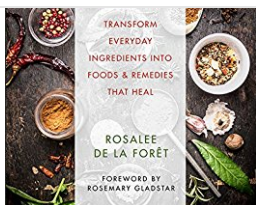
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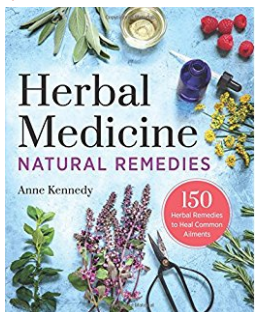
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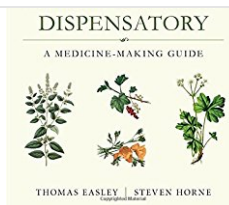
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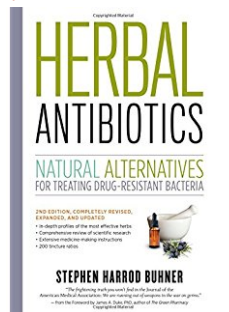
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Review

"The goal of this beginner's guide is to teach readers how to identify and cultivate medicinal herbs and then use them to create healing oils, salves, tonics and more. ... Whether your passions lie in gardening, crafting or natural health, you'll find this a wonderful addition to your home library."

"Rosemary Gladstar is one of the most influential herbalists."  
—*Natural Health Magazine*

"Rosemary has graced the reader with her knowledge, experience, and love of herbs."  
—Dr. Mary Bove, Naturopathic Physician



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"This book is a beautiful, readable, easy-to-use guide to growing and using 33 of the most important medicinal herbs for the home. It's a great book for the beginner, even though it's not the only one you'll need to read." —[Read more](#)

### From the Back Cover

#### Home-Grown Medicine

Effective, safe, and inexpensive, medicinal herbs are simple to grow, and they can be used to naturally fortify your body against common upsets and ailments. Rosemary Gladstar, the godmother of modern herbalism, offers a fresh introduction to growing and using 33 of her favorite herbs, complete with tips on introducing an herb patch to your backyard garden and easy-to-follow recipes for brewing restorative teas, blending soothing salves, and making tinctures, oils, syrups, and pills.

124 of Rosemary Gladstar's favorite medicinal recipes include:

Creaky Bones Cayenne Rub, page 63  
Warming Cinnamon Bath Salts, page 68  
Ginger Lemonade, page 80  
Brain Tonic Tincture, page 85  
Good Gargle for a Bad Throat, page 88  
Rosemary's Famous Face Cream, page 116  
Nutritive Heart Tonic Tincture, page 136  
Lemon Balm Bath, page 160

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**Paperback:** 224 pages

**Publisher:** Storey Publishing, LLC; Ninth edition (April 10, 2012)

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**ISBN-13:** 978-1612120058

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### Biography

Rosemary Gladstar has taught herbology extensively throughout the United States and has led herbal travel adventures worldwide. Her experience includes 20 years in the herbal community as a healer, teacher, visionary, and organizer of herbal events. Currently, she runs Sage Mountain in East Barre, Vermont, where she teaches and sponsors workshops and sells herbal preparations. Rosemary lives in East Barre, VT.

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### Top Customer Reviews

#### Wise Woman in Your Kitchen

By [Story Circle Book Reviews](#) on May 1, 2012

Format: Paperback

I have to say something right up front. I am not a beginning herbalist. I have been studying and using herbs for years. And I am a teacher, helping others to learn how to incorporate herbs into their lives for health and well-being. Rosemary Gladstar's Medicinal Herbs: A Beginner's Guide satisfies both the herbalist and the teacher in me. It is an excellent guide for learning about herbs, a treasure trove of practical recipes and ideas as well as a priceless gift of wisdom and insight from one of the leaders of the herbal movement in America.

There are a lot of herbals available, many of them written by Gladstar herself. Medicinal Herbs: A Beginner's Guide outshines any number of them on a number of levels. The book is beautifully done, a true feather in Storey Publishing's cap. The pictures are rich and vibrant and the material is presented in a clear and helpful way. There are four main sections. The first is a simple introduction to herbs and herbal medicine in which Gladstar's enthusiasm is immediately apparent. The second section, an introduction to making your own herbal remedies, provides step-by-step instructions for making the most basic and practical of herbal preparations, including teas, tinctures, and salves, among other things. In the third section Gladstar discusses nine herbs that most of us are familiar with, revealing uses for them that may not be so familiar at all. The

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**Beautifully illustrated with immense knowledge of herbs & their uses...Simple to understand!!!**

By [MeeshaMichelle](#) on May 9, 2016

Format: Paperback **Verified Purchase**

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Enjoyable book. Nicely written, and more fact than fluff. I'm a new fan of Rosemary Gladstar.

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Published 2 days ago by Suzanne L. Flanders

#### Awesome book

This book is awesome and worth the money. These types of books are disappearing from local shelves faster than can be found, this is an awesome well written book. [Read more](#)

Published 8 days ago by Ogre

#### Amazing!!!



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attack you...got itchy skin or burning skin? Rip some of that Plantain you see literally everywhere off and apply it to that bite....Yes I've done it and yes it works! You can also make a Plantain salve with uses for burns, bug bites, rashes, minor skin irritations and itchy skin. I'm not new to the holistic health world. I own a ton of essential oils and a ton of herbs and love all the varieties of uses with either one or the other or combining them to make something useful.

This book is perfect for beginners as well as novices. It lists the name of the plant, its uses, safety information, how to harvest and grow it, lots of color pictures and many amazing recipes that are really simple to make. A lot of the other ingredients you can find at your local whole foods store or order everything online. She breaks everything down so it's easy to understand. Seriously, this book is perfect for anyone wanting to start using a more holistic approach to their health and well-being. When you look at all the toxic chemicals we eat

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### Good for getting your feet wet.

By [Andrew and Michelle](#) on August 26, 2016

Format: Paperback **Verified Purchase**

No one can dispute that Rosemary Gladstar knows her stuff. She writes about the uses of medicinal plants with the familiarity of someone who has used and understood them for a long time. As a budding herbalist (please pardon my pun), I have been slowly collecting books, recipes, and information to begin my own journey of familiarity. I enjoy the literary company of someone like Gladstar because she writes her books conversationally, making me feel like I can access this information and methods.

This beautifully printed book is a sort of ten-foot-wide-two-inches-deep approach to herbal medicine (as it says, it's a beginner's guide). I am using it as a launching pad to know which plants to cultivate (because it's really hard to choose!) and what methods to experiment with. Her recipes are simple, easy to follow, and though some use plants that I'll have to do some legwork to locate, I really like that the majority of the plants featured are ones that can be cultivated in most backyards and greenhouses with little trouble.

I would love to give this book five stars, but I am hung up on the occasional, out-of-place mentions of fantasy. Alongside good, solid information about the cultivation of herbs, the chemical compounds that give them

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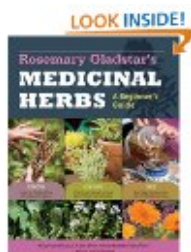
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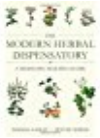


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